

## Football Performance (Level 4)

Glasgow Clyde College

### Venues

Cardonald Campus

### Content

The NQ Football Performance course will give you the opportunity to train and play in the manner of a professional footballer. This course is design to improve player's technical abilities, tactical game understanding and knowledge. It also provides students with physical components such as strength and conditioning, agility and speed.

You must be physically fit to undertake the practical elements of this course and have the desire to improve as a football player.

The course consists of Level 4 units and college certificates which cover a range of practical and theoretical sports related units.

Units can include:

Sporting Activity Football; Technical and Tactical within Team Training Sessions; Sporting Activity: An Introduction; Health Analysis, Football Preparation; Sports Conditioning for Footballers

A programme of team building and leadership skills is undertaken along with core skills.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

18 weeks

### Department

Sport and Fitness

### Entry Requirements

You must have a vast and active interest in football and fitness. Entry will be by interview and references to determine suitability for this course.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

## SCQF Level

4

## SCQF Points

«SCQFPoints»

## Progression Routes

Relevant NQ or HNC/D

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

690 Mosspark Drive  
Glasgow  
Glasgow City  
G52 3AY

## Website

[www.glasgowclyde.ac.uk](http://www.glasgowclyde.ac.uk)